



MUNCH LUNCH

SNACKS



Fruit Salad = \$3.50

- Mixture of seasonal fruits



Veggie Sticks = \$3.50

- Carrot, Cucumber, Celery & Capsicum with Hummus dip



Cobs Popcorn - Sweet & Salty 13g & Sea Salt 13g snack bags = \$1.50



Veggie Chips - 21g Bags = \$1.50

- Plain, Chicken, BBQ & Salt & Vinegar available



Please note lunches are not made in a allergen free kitchen

SCHOOL LUNCH MENU SALADS



Caesar Salad = \$8.00

- Mix Lettuce (Iceberg & Cos), Sliced Egg, Shredded Chicken, Bacon Pieces & Shaved Parmesan Cheese With Caesar dressing in a portion control squeeze packet, *NO CROUTONS*



Garden Salad = \$5.00

- Mix Lettuce (Iceberg & Cos), Sliced Cherry Tomatoes, Sliced Cucumber, Shredded Carrot

BUILD YOUR OWN SALAD

- Please see online app for build your own salad options.

- Options are similar to build your own sandwich

Caesar Dressing = \$0.50

French Vinaigrette = \$0.50

- Dressings are portion control - same as Sauces



ONLINE ORDERS HERE:

App available on android & apple. Just look for Spriggy Schools

hello.munch.lunch@gmail.com
facebook/munchlunch

DRINKS

Milk - 250ml = \$3.50

- Chocolate
- Strawberry
- HoneyComb
- Nippys - Brand may change subject to availability.



Milk - 200ml = \$2.00

- Plain Long life milk

Zymil Milk - 250ml = \$2.50



Lactose Free Chocolate Milk - 250ml = \$3.50



Juice - 250ml = \$2.50

- Apple
- Orange
- Apple & Blackcurrent
- Nippys - Brand may change subject to availability.



Water 600ml = \$3.00



MUNCH LUNCH
Traralgon

SUSHI

All Sushi = \$4.30

Chicken Avocado

- Sushi Rice, Nori Seaweed, Avocado, Plain Chicken & Mayo

Avocado Cucumber

- Sushi Rice, Nori Seaweed, Avocado, Cucumber & Mayo

Tuna Avocado

- Sushi Rice, Nori Seaweed, Avocado & Cooked Tuna

Chicken Schnitzel Mayo

- Sushi Rice, Nori Seaweed, Avocado, Chicken Schnitzel & Mayo

Omelette Carrot Cucumber

- Sushi Rice, Nori Seaweed, Cucumber, Carrot, Omelette & Mayo



SANDWICH

Bread Type = \$2.00

- Bread, Roll or Wrap

• **GF Bread, Roll or Wrap Available \$3.00**

Meat = \$2.50ea

- Shredded Chicken
- Shaved Ham
- Sliced Roast Beef
- Mild Salami

Salad = \$1.00ea

- Lettuce
- Tomato
- Egg
- Carrot
- Red Onion
- Avocado
- Cucumber
- Beetroot
- Pineapple
- Cheese

Condiments = \$0.70ea

- Mayonaise
- Vegemite
- Strawberry Jam
- Raspberry Jam

HOT FOOD

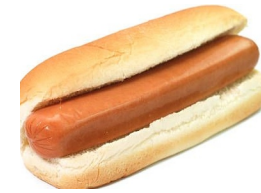


Party Pies & Rolls = \$1.80 ea



Hot dog = \$5.00

• **GF Roll ADD \$1.00**



Hot dog - No bun = \$3.50



Bolognese = \$5.50

- Home Made
- **GF PASTA Add \$ 1.50**

Meat Pie = \$5.00



Jumbo Sausage Roll = \$5.00

Pastie = \$5.00



- Grated Cheese = \$0.50
- Lactose Free Cheese = \$1.50



American Mustard = \$0.50

Tomato/BBQ Sauce = \$0.40

